



# Peacock Press

**FEBRUARY 2003**

**Naval Postgraduate School**

## *VALENTINE'S DINNER*

*Friday, 14 February  
El Prado Dining Room  
4:00 ~ 9:00 p.m.*

### **SALAD**

*Buttered Lettuce Hearts and Baby Spinach with Anjou Pears, Grapefruit Segments  
and Feta Cheese, accompanied with Balsamic Vinaigrette.*

### **CHOICE OF ENTREE**

*Sautéed Prawns and Lobster with Leeks and Roasted Sweet Peppers  
with Chive Butter Sauce*

*Charbroiled Rib Eye Steak with Green Peppercorn Sauce.*

*Chicken Cordon Bleu*

*Entrees are served with Garlic Mashed Potatoes  
Sautéed Snap Peas and Carrot Julienne.*

### **DESSERT**

*French Puff Pastry Filled with Vanilla Ice Cream,  
Chocolate Sauce and Caramel.*

*Three Course Dinner \$19.50*

*Reservations are highly encouraged.*

*Please call 656-2170 to reserve your table today.*

**[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)**



<i>The Fleet &amp; Family Support Center</i> .....	2
<i>Calendar Of Events</i> .....	3
<i>Club Del Monte</i> .....	4
<i>MWR Movies</i> .....	5
<i>Information Tickets &amp; Tours</i> .....	6
<i>Monterey Bay Athletic Club</i> .....	7
<i>Child Development Program</i> .....	8
<i>Tech Connection/Youth &amp; Teen Center</i> .....	9
<i>Monterey Navy Flying Club</i> .....	10
<i>Bluewater Cove Marina</i> .....	10
<i>Monterey Pines Golf Course</i> .....	11
<i>Hours of Operation</i> .....	12

## NAVAL POSTGRADUATE SCHOOL

RADM David R. Ellison  
Superintendent

CAPT Frank C. Petho  
Chief of Staff

GSCM(SW) R.O. Murphy  
Command Master Chief

Pete Dausen  
Executive Director, Facilities  
and Support Services

James R. Thomas  
Quality of Life Director

Darlene Raish  
Leisure Services Manager

Clay Murray  
Golf Course/RV Campground  
Manager

Roz Compagno  
Child Development & Youth  
Program Administrator

Hugh Butler  
Executive Chef

Renee Leiva  
Catering Sales Manager

Cecilia S. Legario  
Newsletter Editor

The Peacock Press is a monthly publication of the MWR Department, Naval Postgraduate School. Information may be subject to change without notice.

All phone numbers are in area code (931)

## The Fleet & Family Support Center



**The**  
Fleet & Family Support  
**Center**

**Specialized Training of Military Parents :** Fri/Sat, 7-8 Feb 8:30 am-4:30 pm ACS, OMC. The Presidio of Monterey Exceptional Family Member Program is sponsoring a two-day seminar for parents of children with special needs. All interested personnel are welcome. Sponsored by Army Community Services (ACS). Call ACS 242-7660 to register.

**Weight Management, Emotions, and Binge Eating:** Every Tues starting 11 Feb ~ ending 4 Mar 6:00-7:30 pm FFSC, Bldg 2. This group will focus on topics to include healthy weight management, weight loss or gain, exercise and conditioning, and how emotions are related to these issues. Four (4) week class.

**Resumix:** Thurs 13 Feb 1:00-3:00 pm FFSC, Bldg 3. This workshop will focus on aiding individuals applying for federal employment announcements.

## FEBRUARY '03 SCHEDULE OF CLASSES

ments. Emphasis will be on the applications process, keywords and accomplishments when writing descriptions of work experience.

**CONSEP Training:** Tues-Fri 18-21 Feb 8:00 am-5:00 pm FFSC, Bldg 3. CONSEP (Career Options and Navy Skills Evaluation program) is a four day workshop that helps sailors to make important decisions about their careers by focusing on personal planning, financial planning, and Navy and civilian career planning. This is a mid-career course designed for military personnel with 6 to 12 years of service who are within 18 to 24 months from their EAOS.

**Raising an Emotionally Intelligent Child:** Wed 19 Feb 4:30-6:30 pm FFSC, Bldg 3. A class to teach parents how to help their children understand their emotional world. New parenting approaches, listening with empathy, positive praise and reinforcement and how to redirect negative behavior will also be discussed.

**Consumer Awareness Workshop:** Thurs 27 Feb 1:00-3:00 pm FFSC, Bldg 3. The purpose of this program is to provide you with the necessary knowledge to be better informed consumers and to encourage thrift, financial responsibility, and sound financial planning.

cial planning. It will provide information on frauds and other rip-offs and strategies to combat them.


### ON-GOING CLASSES

**Chess/Self-Confidence:** Wednesdays 2:30-3:45 pm La Mesa Community Center, Fridays 2:30-3:45 pm OMC Chapel. This group provides multiple approaches to increasing self-confidence in children.

**Infant Play Group:** Tuesdays 10:00-11:00 am La Mesa Community Center. A program for young moms to play with their infant, while sharing community resources and parenting ideas. Join us in a stimulating environment.

**Toddler Play Group:** Fridays 10:00-11:15 La Mesa Community Center. A play and activity group for children ages 14 months to 3 years. Parents are encouraged to interact with their toddlers through fun activities, share parenting tips and resources.

Registration is required. Call the Fleet and Family Support Center, 656-3060 to register. Visit the FFSC website for update to classes: <http://www.nps.navy.mil/fsc>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BARBARA MCNITT BALLROOM WILL BE CLOSED 5-12 FEB FOR FLOOR REPLACEMENT. 10, 11 &amp; 12 FEB MOVIES WILL BE SHOWN IN THE LA NOVIA ROOM.</b>	<b>Monday</b> <b>3, 10 &amp; 24</b> <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>SEAFOOD</b> <b>CIOPPINO</b> <b>Adults \$7.50</b> <b>Kids 5-10 \$4.00</b> <b>Under 5 \$2.00</b>	<b>Every Tuesday</b> <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>"Moist &amp; Tender"</b> <b>PRIME RIB</b> <b>\$13.00</b>	<b>Every Wednesday</b> <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>GRILLED TRI-TIP</b> <b>W/ SALSA</b> <b>\$8.50</b>	<b>Every Thursday</b> <b>FAMILY NIGHT</b> <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>SPAGHETTI &amp; MEATBALLS</b> <b>Adults: \$7.00</b> <b>Kids 5-10 \$4.50</b>	<b>Friday</b> <b>7, 14 &amp; 21</b> <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>ROAST LEG OF LAMB WITH TARRAGON SAUCE</b> <b>\$9.00</b>	<b>1</b> <b>"Navy Regulations prohibit patrons from bringing food or beverages into an MWR facility from outside sources. Thank you for your cooperation."</b>
<b>2</b> <b>For Party</b> <b>Reservations at</b>  <b>CLUB DEL MONTE</b>  <b>Please call</b> <b>656-2170.</b>	<b>3</b> <b>SIMONE (PG 13) 1900</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>SEAFOOD</b> <b>CIOPPINO</b> <b>Adults \$7.50</b> <b>Kids 5-10 \$4.00</b> <b>Under 5 \$2.00</b>	<b>4</b> <b>BLOOD WORK (R) 1900</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>"Moist &amp; Tender"</b> <b>PRIME RIB</b> <b>\$13.00</b>	<b>5</b> <b>NO MOVIE</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>GRILLED TRI-TIP</b> <b>W/ SALSA</b> <b>\$8.50</b>	<b>6</b> <b>NO MOVIE</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>SPAGHETTI &amp; MEATBALLS</b> <b>Adults: \$7.00</b> <b>Kids 5-10 \$4.50</b>	<b>7</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>ROAST LEG OF LAMB WITH TARRAGON SAUCE</b> <b>\$9.00</b>	<b>8</b>  <b>BLUEWATER COVE MARINA OPEN DAILY NOON TO SUNSET</b>
<b>9</b>  <b>MONTEREY PINES GOLF COURSE</b>  <b>OPEN DAILY &amp; MOST FEDERAL HOLIDAYS.</b>	<b>10</b> <b>SWEET HOME ALABAMA WILL BE SHOWN IN THE LA NOVIA ROOM</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>SEAFOOD</b> <b>CIOPPINO</b>	<b>11</b> <b>CITY BY THE SEA WILL BE SHOWN IN THE LA NOVIA ROOM</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>"Moist &amp; Tender"</b> <b>PRIME RIB</b> <b>\$13.00</b>	<b>12</b> <b>BLOOD WORK WILL BE SHOWN IN THE LA NOVIA ROOM</b>  <b>Every Wednesday</b> <b>Trident Room</b> <b>SOCIAL HOUR</b> <b>1600-1700</b>	<b>13</b> <b>JIMMY NEWTRON: BOY GENIUS (G) 1730</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>SPAGHETTI &amp; MEATBALLS</b> <b>Adults: \$7.00</b> <b>Kids 5-10 \$4.50</b>	<b>14</b> <b>VALENTINE'S DINNER</b>  <b>El Prado Dining Room</b> <b>4-9 PM</b> <b>Three Course</b> <b>Dinner \$19.50</b>  <b>Call 656-2170 for Reservations.</b>	<b>15</b>  <b>MONTEREY BAY ATHLETIC CLUB</b>  <b>OPEN DAILY AND MOST FEDERAL HOLIDAYS</b>
<b>16</b>  <b>MONTEREY NAVY FLYING CLUB</b>  <b>OPEN MONDAY TO FRIDAY</b> <b>0900-1700</b>	<b>17</b>  <b>CLUB DEL MONTE CLOSED</b> 	<b>18</b> <b>GHOST SHIP (R) 1900</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>"Moist &amp; Tender"</b> <b>PRIME RIB</b> <b>\$13.00</b>	<b>19</b> <b>RED DRAGON (R) 1900</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>GRILLED TRI-TIP</b> <b>W/ SALSA</b> <b>\$8.50</b>	<b>20</b> <b>SPIRITED AWAY (PG) 1730</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>SPAGHETTI &amp; MEATBALLS</b> <b>Adults: \$7.00</b> <b>Kids 5-10 \$4.50</b>	<b>21</b> <b>Every Friday</b> <b>TRIDENT ROOM</b>  <b>LIVE ENTERTAINMENT</b>  <b>OPEN</b> <b>1500-2300</b>  <b>SOCIAL HOUR</b> <b>1600-1800</b>	<b>22</b>  <b>TRIDENT ROOM DINNER SERVICE</b> <b>1600-2100</b>  <b>BEVERAGE SERVICE</b> <b>1600~2300</b>
<b>23</b>  <b>ITT OPEN MON-FRI</b> <b>0930-1330</b> <b>1430-1630</b> <b>CLOSED WEEKENDS AND FEDERAL HOLIDAYS</b>	<b>24</b> <b>THE RING (PG 13) 1900</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>SEAFOOD</b> <b>CIOPPINO</b> <b>Adults \$7.50</b> <b>Kids 5-10 \$4.00</b> <b>Under 5 \$2.00</b>	<b>25</b> <b>RED DRAGON (R) 1900</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>"Moist &amp; Tender"</b> <b>PRIME RIB</b> <b>\$13.00</b>	<b>26</b> <b>PUNCH-DRUNK LOVE (R) 1900</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>GRILLED TRI-TIP</b> <b>W/ SALSA</b> <b>\$8.50</b>	<b>27</b> <b>BATMAN FOREVER (PG 13) 1730</b>  <b>Dinner Special</b> <b>El Prado Room</b> <b>1600-2100</b> <b>SPAGHETTI &amp; MEATBALLS</b> <b>Adults: \$7.00</b> <b>Kids 5-10 \$4.50</b>	<b>28</b>  <b>CLAM BAKE BUFFET NIGHT</b>  <b>El Prado Room</b> <b>1700-2100</b>  <b>Adult: \$12.00</b> <b>Kids 6-10 \$6.00</b> <b>Kids under 6 \$4.00</b>	<b>FREE MOVIES ARE SHOWN IN THE BARBARA MCNITT BALLROOM.</b>  <b>PLEASE NOTE: 10, 11 &amp; 12 FEB MOVIES WILL BE SHOWN IN THE LA NOVIA ROOM.</b>



**MONDAY, 3, 10 & 24  
FEBRUARY  
DINNER SPECIAL**  
*El Prado Dining Room  
4:00 ~ 9:00 p.m.*

**FRESH SEAFOOD CIOPPINO**  
*with Shrimp, Calamari, Crab and Mussels.  
Fresh Caesar Salad and Garlic Bread*  
Adults \$7.50 Kids 5-10 \$4.00  
Under 5 \$2.00

*From the kitchen of Chef Hugh Butler  
February Wednesday Dinner Special  
served in the El Prado Room  
4:00 ~ 9:00 p.m.*




**GRILLED  
TRI-TIP  
WITH SALSA**  
*Served with Black Beans, Fresh Vegetable  
and Garlic Bread*  
**\$8.50**

**FAMILY NIGHT**  
**February Thursday Dinner Special**  
*in the El Prado Room 4:00 ~ 9:00 p.m.*




**FRESH GREEN SALAD  
SPAGHETTI AND MEATBALLS  
COOKIES**  
Adults \$7.00 Kids 5-10 \$4.50

*Come enjoy our February Tuesday Dinner Special  
in the El Prado Room 4:00 ~ 9:00 p.m.*



**ROAST PRIME RIB**  
*"moist and tender"  
with Aux Jus accompanied  
with Horse Radish, Baked  
Potato, Sour Cream and  
Chef choice dessert.*  
only \$13.00

**CLAM BAKE NIGHT**  
*All you can eat buffet  
Friday, 28 February  
El Prado Room 5:00 ~ 9:00 p.m.*



*Fried Fresh Red Snapper,  
Baked Potatoes, Fresh Corn, Steamed  
Clams and Mussels in Garlic Butter,  
Clam Chowder, Caesar Salad, Garlic  
Bread & Cookies*  
Adults: \$12.00 Kids 6-10: \$6.00  
Kids under 6: \$4.00

*The following MWR facilities will  
be closed on Monday, 17 February  
in observance of Presidents' Day.*

**ADMINISTRATIVE &  
CATERING OFFICES**  
**MARKETING &  
BUSINESS OFFICES**  
**CLUB DEL MONTE**  
**INFORMATION**  
**TICKETS & TOURS**  
**CHILD DEVELOPMENT  
CENTER**  
**TECH CONNECTION**

**FRIDAY 7, 14, & 21 FEBRUARY  
DINNER SPECIAL**  
*in the El Prado Room 4:00 ~ 9:00 p.m.*



**ROAST LEG OF LAMB  
WITH TARRAGON  
SAUCE**  
*Garlic Mashed Potatoes,  
Sautéed Vegetable* **\$9.00**



*In the La Novia Room, Friday, 14 February  
11:30 a.m. till 1:30 p.m.*


*Delicious food, games and prizes for everyone.  
Open to single enlisted sailors and geo bachelors  
attached to NPS and tenant commands only.  
**FREE!***

*RSVP by Tuesday, 11 February to Amy Close,  
656-7955 or email: [amclose@nps.navy.mil](mailto:amclose@nps.navy.mil).*



**SOUTH TAHOE  
SKI TRIP**  
**21 ~ 23 March '03**  
**COST: TBA**

*Check your email in February for  
information concerning this trip.*



*Great Tennis Opportunity  
for all Levels*

*Pick up your racquet and  
come join the*

**MWR  
ADVISORY BOARD  
TO MEET WEDNESDAY,  
19 MARCH 2003**

*The next MWR Advisory Board meet-  
ing is set for Wednesday, 19 March at  
10:00 a.m. in the La Novia Room,  
Herrmann Hall Bldg 220.*

*All departments of the Naval Post-  
graduate School and tenant commands  
are encouraged to send representa-  
tives to these informative bi-monthly  
meetings.*

*This is your opportunity to gather the  
latest MWR info and to share your  
command's feed back with key MWR  
personnel.*

*For more on how your command can  
take part in the MWR Advisory Board,  
call the MWR Administrative Office at  
656-1049.*

**"ANNOUNCEMENT"**

*The Trident Room, Barbara McNitt  
Ball Room, and El Prado Room have  
802.11b wireless access.*

*For more information, please call  
656-1046 or [helpdesk@nps.navy.mil](mailto:helpdesk@nps.navy.mil).*

**NAVY LADIES C LEAGUE TEAM**

*Beginners welcome! Bring along your  
children. We practice at NPS' lower  
court courts (by the Gym) every Mon-  
day, Wednesday, and Friday from  
9:30 to 11:30.*

*For more information contact: Farrow  
Herbert at 657-0323, [charfarrow@  
yahoo.com](mailto:charfarrow@yahoo.com) or Kim Hurst at 373-7808,  
[kimberlyhurst@sbglobal.net](mailto:kimberlyhurst@sbglobal.net).*

**Mon 3 Feb ~ Simone (PG 13): Al Pacino & Catherine Keener.** A disillusioned movie producer's latest film is thrown into turmoil when his female star walks off the set. Desperate to complete what may be his last project, he decides to digitally create a new actress, "Simone" to substitute for the star. But as her fame grows, he can't bear to admit his fraud to himself... or to the world.

**Tues 4 & Wed 12 Feb ~ Blood Work (R): Clint Eastwood & Jeff Daniels.** A retired FBI profiler and heart transplant recipient tries to muster up the strength and courage he needs to catch the killer of the woman whose heart now beats in his chest. But as he slowly uncovers the truth he finds that there's more to this case than he first suspected and that the killer knows that he is on the trail.

**Wed 5 Feb ~ NO MOVIE**

**Thurs 5 Feb ~ NO MOVIE**

**Mon 10 Feb ~ Sweet Home Alabama (PG 13): Reese Witherspoon & Josh Lucas.** When a successful young fashion designer finds herself engaged to New York City's most eligible bachelor she has a few problems... like the Redneck husband she has back in Alabama. Determined to end the relationship she returns home only to find you can take the girl out of the south but you can't take the south out of the girl.

**Tues 11 Feb ~ City By The Sea (R): Robert DeNiro & Frances McDormand.** A homicide detective, estranged from his family, lives a lonely life in Manhattan where "The Job" is the only thing he cares about. But when a murder investigation in Long Beach, the self-proclaimed "City by the Sea" apparently involves his son, the detective must finally confront his past to save his career and family.

**Thurs 13 Feb ~ Jimmy Neutron: Boy Genius (G): Jimmy Neutron and his friends** are soaring through space... Help Jimmy navigate the asteroid belt and have a BLAST!

**Tues 18 Feb ~ Ghost Ship (R): Julianna Margulies & Gabriel Byrne.** In a remote region of the Bering Sea, a salvage crew discovers the floating remains of a grand passenger liner thought lost at sea more than 40 years ago. Once aboard, the crew must confront the ship's horrific past and face the ultimate fight of their lives.

**Wed 19 & Tues 25 Feb ~ Red Dragon (R): Anthony Hopkins & Edward Norton.** In this prequel to the hit movie "Silence of the Lambs" an FBI profiler, famous for his capture of the notorious serial killer Hannibal, "The Cannibal", is brought out of retirement to help in the investigation of a series of gruesome murders that the police are desperate to solve before the killer can strike again.

**Thurs 20 Feb ~ Spirited Away (PG): The voices of: Dave Chase, Michael Chiklis & Lauren Holly.** When a young girl's family gets lost in a secret world after venturing into a hillside tunnel, she must learn to think for herself in order to save them. But strange animals and a grumpy sorceress will do everything they can to prevent her from returning to the human world.

**Mon 24 Feb ~ The Ring (PG 13) : Naomi Watts & Martin Henderson.** A skeptical female journalist discovers and watches a disturbing videotape with a bizarre history... everyone who sees it dies within seven days. But her skepticism soon turns to fear as unusual things begin to happen & she must race the clock to stop a mysterious ghost.

**Wed 26 Feb ~ Punch-Drunk Love (R): Adam Sandler & Emily Watson.** A beleaguered small business owner, whose seven sisters abused him so much he is unable to form any romantic attachments, meets a mysterious woman who plays the harmonium and his romantic journey begins.

**Thurs 27 Feb ~ Batman Forever (PG 13): Val Kilmer & Tommy Lee Jones.** With the help of an amorous psychologist and a young circus acrobat who becomes his sidekick, Batman must battle a pair of criminals, Two-Face and the Riddler, who plan to drain the brains of Gotham's citizens.

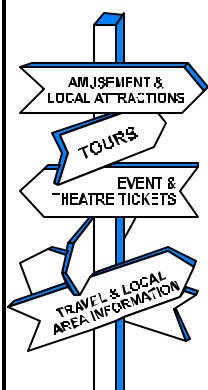
**WATCH FREE MOVIES IN THE BARBARA MCNITT THEATER  
AND GET A BUCKET OF FREE POPCORN!**

**OPEN TO ALL AUTHORIZED MWR PATRONS.**

*"Navy Regulations prohibit patrons from bringing food or beverages  
into an MWR facility from outside sources.*

*Thank you for your cooperation."*

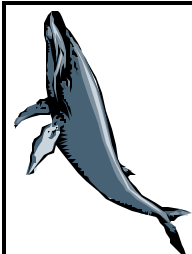




**Located on  
HERRMANN HALL  
QUARTERDECK**

**Open  
Monday-Friday  
9:30 a.m. ~ 1:30 p.m.  
2:30 ~ 4:30 p.m.**

**Closed Weekends  
and  
Federal Holidays**



## DEEP SEA FISHING & WHALE WATCHING

Sign up for local deep-sea fishing or whale watching excursions with Randy's Fishing Trips. Whale Watching is \$13.00 for adults and \$11.00 for children 2-11 yrs. Prices for fishing start at \$31.00 per person. Gear and license are extra.



## UNIVERSAL STUDIOS

Universal Studios is offering a special deal called Military Salute at the park ticket booths. Offer will last until April 30. Active duty military gets in free, and dependents get their ticket at half price.

## SEE'S CANDY DRAWING



Stop by the ITT office and register to win free See's Candy. Drawing is scheduled for February 10. Open to all MWR authorized patrons.

**PARKING:** We know its hard finding that parking space! However, there are some handy 24 minute spaces on the south side of Herrmann Hall off Stone Road which offer easy access to the Quarterdeck through the side door. There are also two on the west side of the building off Cunningham Road.



FEBRUARY	UPCOMING ITT TOURS	PRICE
1	Winchester Mystery House	\$35.00
8	Palace Casino Bingo	\$20.00
15	Chinese New Year Parade	\$23.00
22	San Francisco Get Acquainted	\$23.00
MARCH		
1	Alcatraz/Pier 39	\$39.00
8	Elephant Seals/Ano Nuevo Reserve	\$25.00
15	Hockey Sharks vs. Calgary	\$45.00
22	San Francisco St. Patrick's Day Parade	\$23.00
29	Hearst Castle	\$35.00

SKI LIFT TICKETS	MWR	SITE
Alpine Meadows	\$47.50	\$56.00
Heavenly	\$50.00	\$59.00
Kirkwood	\$46.50	\$54.00
Kirkwood young adult	\$38.50	\$43.00
Northstar/Sierra Tahoe	\$47.50	\$57/\$53
Northstar Sierra Tahoe young adult	\$38.50	\$47/\$43
Mt. Rose	\$33.50	\$48.00
Squaw Valley	\$49.50	\$58.00
Sugar Bowl Adult	\$46.00	\$54.00
Sugar Bowl Young Adult	\$33.50	\$42.00

## ENTERTAINMENT BOOKS



2003 Entertainment Books are now available at the ITT office for \$20.00

## DISNEY ON ICE TOY STORY 2



It's thrills-and-chills time as Woody, Buzz, Jessie and all of Andy's toys take to the ice, coming face to face with rockets, airplanes and a show-stopping traffic jam. Set aside, Saturday, 1 March at the HP Pavilion in San Jose. Performance times are 11:30 a.m. and 3:30 p.m. Cost of the tickets is \$18.25.



## ST. PATRICK'S DAY

### 5K-RUN

Friday, 14 March 2003  
Fitness Center Parking Lot  
Race starts promptly at 1500

**Fee:** \$12.00 Active Duty/Reservists  
\$13.00 Retirees/Family Members  
\$14.00 DOD Civilians

Fee includes a commemorative long sleeve T-shirt.

#### Divisions:

Men's 17-19                      Women's 17-29  
Men's 30-39                      Women's 30-39  
Men's 40-49                      Women's 40-49  
Men's 50+                        Women's 50+

Awards will be given to the top 2 finishers in each division.  
Please register at the Fitness Center front desk by 7 March.

## NUTRITION WORKSHOP

Monday, 3 February ~ Fitness Center, Bldg. 208  
1200-1300 or 1600-1700

**Description:** Learn to recognize when carbohydrates, protein and fat are out of balance in your diet. Learn to plan ahead for the eating habit pitfalls, especially in relationship to exercise.

**Cost:** free to military/reservists



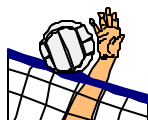
## Spring Softball Organizational Meeting

Tuesday, 4 March 2003  
Fitness Center, Bldg. 208 at 1600

(Season starts 7 April 2003)

## Spring Volleyball Organizational Meeting

Wednesday, 5 March 2003  
Fitness Center, Bldg. 208 at 1600



(Season starts 10 April 2003)

Rules, eligibility and league format will be discussed.

## LOCKER RENTAL FEES

#### Active Duty:

6 months ~ \$30.00  
Annual ~ \$60.00

#### Civilian:

6 months ~ \$36.00  
Annual ~ \$72.00

Locker payments must be paid in full on first day of rental.

**MONTEREY BAY ATHLETIC CLUB**  
**WILL BE OPEN PRESIDENTS' DAY,**  
**17 FEBRUARY 2003**  
**10:00 A.M. ~ 5:00 P.M.**

## GROUP FITNESS CLASS SCHEDULE

HOURS	MON	TUES	WED	THURS	FRI	SAT
6:00 AM	PT READY	20/20/20	PT READY	20/20/20		
7:00 AM	COMMAND FITNESS	COMMAND FITNESS	COMMAND FITNESS	COMMAND FITNESS		STEP
9:30 AM						MUSCLE CONDNG
12:00 PM	YOGA	SPIN (CYCLING)	YOGA	SPIN (CYCLING)		
4:30 PM		HIGH/LOW		HIGH/LOW		
5:00 PM	SIX PACK ATTACK		SIX PACK ATTACK			
5:30 PM	STEP	SPIN (CYCLING)	STEP	SPIN (CYCLING)		
6:30 PM	KICKBOX	STEP	KICKBOX	STEP		

## FITNESS CLASS FEES

ELIGIBLE PATRONS	AEROBIC PILATES DAILY	CYCLING DAILY	COMBO 8-PUNCH CARD	YOGA MONTHLY	YOGA DAILY
ACT.DUTY/RESERVIST	FREE	FREE	N/A	\$36.00	\$5.00
RETIREE/FAMILY MEMBER	\$2.00	\$2.50	\$12.00	\$38.00	\$5.50
DOD CIVILIAN	\$3.00	\$3.00	\$16.00	\$40.00	\$6.00

Combo Cards: Allow you to take aerobics or cycling classes.

## THERAPEUTIC MASSAGE

(now available)

#### Fees:

\$50.00 for a one-hour massage session.  
\$75.00 for a one and one-half hour massage session.

For appointments, please call 656-3118.



## PERSONAL TRAINING

We offer personal training that includes consultation, fitness/exercise program design and one-on-one training.

## BICYCLE RENTALS

The Monterey Bay Athletic Club has adult sized bicycles available for rental by fitness center eligible patrons to meet their transportation needs or for recreational riding.



Two kinds of bikes are available for rental-street bikes and six speed bikes. Rentals are conducted on a daily, weekend, weekly or monthly basis. All rentals include the use of a bicycle safety helmet, lock and chain. Bicycle rental prices are listed below:

BICYCLE TYPE	DAILY	WEEKEND	WEEKLY	MONTHLY	Individuals wishing to rent a bicycle need to fill out a rental agreement and pay in advance for their rental at the Fitness Center, Bldg. 208.
STREET BIKE	\$8.00	\$12.00	\$34.00	\$96.00	
6-SPEED	\$10.00	\$15.00	\$42.00	\$120.00	



*The Child Development Home program offers Navy certified care by military family members in their homes.*

**Interested in pursuing a rewarding career and work at home?** How about becoming a Child Development Home Care provider? You'll receive extensive training, become First Aid/ CPR qualified and be part of our dedicated team of professionals that provide child care in their homes. Give us a call! We'll be happy to give you more information, and assist you through our CDH certification process!

**The Benefits:** You can stay home with your own children, offer quality child care for others (legally) in your La Mesa residence, share in the financial support of your family, and have fun!

## Child Development Center

*"CDC is the place to be!"*



If your child is between the ages of six weeks and five years and you are looking for a high quality, nurturing early childhood experience ~ the Child Development Center (located in La Mesa Village) is the place for you! We offer full-time child care. We maintain a wait list for full-time care.

**Life Skills Readiness Program** ~ The Life Skills Readiness Program is a part-day program for children 3 to 5 years old. Prepare your child for school and give yourself some time to take care of some errands. Our Life Skills Readiness program offers a developmentally appropriate curriculum in a stimulating environment within our accredited child development program. Sessions are Monday/Wednesday/Friday 0900-1130, and Tuesday/Thursday 0900-1130. A five day program may be available upon request. The program runs from August through June each year and enrollment is open on a space available basis.

**Jellyfish Drop-In Care Room** ~ Reserve a space for your child in our drop-in care room up to two full weeks in advance. The room is open 0900-1200 Monday-Friday for children ages 1 year (walking) through 6 years. The rate is \$3.50 per hour plus an additional \$.50 if your child is here for snack. Afford yourself the extra time you need for appointments, to run errands, or just a little adult time to yourself. We have lots of fun!



## FALL FESTIVAL

*We appreciate all of our families for their wonderful support of our programs!*



Accredited by NAEYC's  
National Academy of Early  
Childhood Programs

**All of our programs are open to active duty military, reservists in active duty status, military retirees, and DOD civilians. Please call 656-2734 for info.**





### TEEN MARDI GRAS DANCE

Friday, 21 February 2003  
Tech Connection Teen Center  
8:00-11:00 p.m.

Bring a friend, come dressed to impress in Mardi Gras style. Mask, silly hats, glowing ties, everything goes in good taste. A King and Queen will be chosen for best costume. Beads of course will be scattered through the audience. Specialty drinks, and other novelties will be available for purchase. Dress code enforced. Pay at the door.

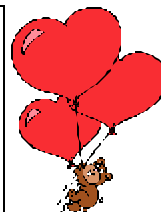
Cost: \$3.00 Member \$5.00 Non-member



### Valentine Balloon & Rose Bouquet

Get a great gift at an inexpensive price delivered to your Valentine. Tech Connection Teens are selling Rose and Balloon Bouquets as a Fund Raiser. The Teens are trying to earn enough money to go to Universal Studios Hollywood. Please support our teens in this event. We are now accepting orders until Thursday, 13 February.

7 Balloon Bouquet w/candy	\$ 7.00
12 Balloon Bouquet w/candy	\$10.00
1 Rose	\$ 1.50
6 Rose	\$ 8.00
1 Dozen Roses	\$15.00



Order pick up date: Thursday, 13 February.  
\$1.00 delivery charge outside La Mesa housing area.

### PINEWOOD DERBY


Saturday, 1 March 2003  
Tech Connection 1:00 -4:00 p.m.



Pick up your Pinewood Derby Car Kit, and your rule flyer. Parents are encouraged to help their kids on this event and make sure race cars are registered. Official weighing and vehicle turn-in is 28 February.

For more info about these events, please call 656 -2127 or [email:becullum@nps.navy.mil](mailto:becullum@nps.navy.mil).

### FEBRUARY SAC PROGRAM SCHEDULE OF EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 SET UP THE CHARTS	4 JACKS (GAME)	5 CAN CAR (SCIENCE)	6 CINNAMON HEARTS (COOKING)	7 BACKYARD PARK DAY
10 CAMP DAY CHINESE NEW YEAR CELEBRATION	11 WRITE YOUR NAME IN STICKS (WOODWORKING)	12 (TONGUE TWISTERS) WRITE YOUR NAME IN STICKS (WOODWORKING)	13 BURLAP FLOWERS	14 PASTA MAKING VALENTINE TREAT FOR PARENTS
17 CLOSED 	18 NINE MEN'S MORRIS (GAME)	19 ROPE FIGURES (CRAFT)	20 EGG BUNGEE JUMP (SCIENCE)	21 G. WASHINGTON'S B-DAY. I can not tell a lie. Yes we are making Cherry Pie.
24 JUMP ROPE RYTHMS (GAME)	25 PUFF MOBILE (CRAFT)	26 COTTON BALL CATAPULI (SCIENCE)	27 PAPER BRIDGE (SCIENCE)	28 BABY IN THE AIR (GAME)



The Monterey Navy Flying Club offers excellent opportunities for aircraft rentals, recreational flying and professional flight training to Active Duty, National Guard, Reserve members and their families; Retirees and their families; Civil Air Patrol members; and federal government employees. The club's airplane rental and instruction rates are the lowest in California. Learn how to fly, meet new friends and discover the beauty of the Monterey Peninsula! Give us a call and visit our website.



**COST SHARING:** Our licensed pilots at the Monterey Navy Flying Club frequently fly by themselves, and through "cost sharing" of the fees for the flight, you and up to two other MWR eligible patrons can fly along. Fly over the California Coast or down it's beautiful valleys. Call the Monterey Navy Flying Club at (831) 372-7033 for more information.

## Want to earn your pilot's certificate?

You have often thought about becoming a pilot. Our staff of professional flight instructors is ready to help you achieve your goal - for a much lower cost than you will find anywhere else. Ground school, the first step in learning the basics of flight, is offered in cooperation with Monterey Peninsula College or through self-study courses available through the Club.

Ground and Flight instruction: \$20.00/hour.

## AIRCRAFT RENTAL RATES

Cessna 152 (IFR) \$50.00

Cessna 172 (IFR) \$66.00

All rates are on hourly basis including fuel.

## MEMBERSHIP FEES

Monthly dues: \$23.00

Initiation fee: \$30.00

Looking for part time Certified Flight Instructors. Please call 372-7033 for more information.

# Bluewater Cove Marina



## SAILBOAT RENTAL RATE

Small Wonder	23 ft. Ranger	\$30/day
Serenade	22 ft. Santana	\$30/day
Antares	26 ft. Excalibur	\$30/day
Lorraine	22 ft. Capri	\$30/day
Barbara, Harriet	30 ft. Shields	\$30/day
Medora, Storm	30 ft. Shields	\$30/day
Hanalei II	30 ft. Buccaneer	\$40/day

## -NPSSA-

NPSSA, the Naval Postgraduate School Sailing Association, is dedicated to practicing and promoting the art of sailing as well as furthering Navy sailing in the Monterey area. NPSSA is comprised of students, faculty and staff from NPS and DLI, local active duty and retired personnel, and DOD civilians. Members take part in local racing events and NPSSA-sponsored cruising events. Additionally, NPSSA provides assistance to MWR with boat maintenance and sailing qualifications through volunteers. All MWR eligible personnel may join NPSSA. For more information or to volunteer contact NPSSA at npssa@nps.navy.mil.

## MWR Bluewater Cove Marina

- Located at the Coast Guard Pier in Historic Downtown Monterey.
- Our services are available for all active duty, retired military, family members and DOD civilians.
- Open everyday.
- Rentals are now from the Monterey Bay Athletic Club.
- First come - first served.
- Nine boats are available to rent.

- The minimum age to qualify for sailboat rentals is 18.
- Check sails are required for boat safety training and to familiarize all patrons with sailing areas and off limit locations prior to initial sailboat rental. Reservations for "check sails" are required - contact NPSSA.
- For Marina information, check sails, and boat reservations contact NPSSA or Monterey Bay Athletic Club at 656-3118.
- Powerboat rentals are available at Outdoor Recreation (located at DLI). Call 242-5506 for more information.



## GOLF INSTRUCTION

from your  
Certified Golf Instructors

**CLAY MURRAY ~ Head Professional**



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$40.00	\$35.00	\$30.00
ONE HOUR	\$60.00	\$55.00	\$50.00
VIDEO HOUR	\$75.00	\$70.00	\$65.00
PLAYING LESSON	\$90.00	\$85.00	\$80.00

**ERIC THOMPSON ~ Assistant Professional**



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00

**DAVID HARBER ~ Assistant Professional**



	CIVILIAN	MILITARY	JUNIOR
HALF-HOUR	\$35.00	\$30.00	\$25.00
ONE HOUR	\$55.00	\$50.00	\$45.00
VIDEO HOUR	\$70.00	\$65.00	\$60.00
PLAYING LESSON	\$85.00	\$80.00	\$75.00

## MONTEREY PINES RV CAMPGROUND

Monterey Pines RV Campground is **OPEN YEAR ROUND** and is available to all active duty, reservists, retirees, family members and DOD civilians.

### About Our Park

Located deep within the serene Monterey Pines Recreation Complex (Fairgrounds Road at Garden Road in Monterey), our park offers 30 full hook-ups, 8 partial hook-ups, a bathhouse and coin-op laundry facilities. Site 14 offers access for the physically challenged. Visa and Mastercard are accepted.



### DAILY RENTAL FEES

ELIGIBLE PATRON	Full Hook-Up	Partial Hook-Up
Military	\$18/Day	\$15/Day
DOD	\$20/Day	\$18/Day
Civilian	\$25/Day	\$20/Day



### TWO-PERSON CHAMPIONSHIP

Fri & Sat 7 & 8 Feb  
Pick or own partner

Four 9 hole formats: Scramble, 2 ball net better ball, Pinehurst, and Aggregate. Tee times starts at 0800 front and back nine. \$25.00 per person include prizes & buffet after 2nd round. Applicable green fees apply. Annual and punch card holders do not pay green fee. Sign up at the Golf Shop or call 656-2167.

ANNUAL FEES		PUNCH CARD 20 PLAY	25% DISCOUNT
Enlisted	\$540.00		
Officer	\$660.00	Military	\$180.00
DOD	\$720.00	DOD	\$270.00

RV VEHICLE STORAGE RATE			RENTALS	
	0 TO 20 FT	OVER 20 FT	Cart Rate	\$20.00
Military	\$15.00	\$20.00	Single Cart	\$12.00
DOD Civilian	\$20.00	\$25.00	Rental Clubs	\$10.00
			Pull Carts	\$5.00

MONTEREY PINES GOLF COURSE WILL BE OPEN  
ON MONDAY, 17 FEBRUARY 2003  
PRESIDENTS' DAY, 6:30 A.M. - 5:00P.M.

## MONTEREY PINES FEBRUARY WEEK DAY SPECIAL



### 18 HOLES GREEN FEE AND CART Starting at Noon

\*CIVILIAN \$15 PER PERSON

\*DOD \$12 PER PERSON

\*MILITARY \$10 PER PERSON

## NAVAL POSTGRADUATE SCHOOL (Area Code 831)

**MWR (NPS) Intranet Events Calendar** ~ <http://onboard.nps.navy.mil/intra/>

**MWR ADMINISTRATIVE OFFICES** ~ Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open weekdays, 8 a.m. to 4:30 p.m. Closed weekends and federal holidays. Phone: 656-2170 or 656-2432.

**EL PRADO DINING ROOM** ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Friday. Closed weekends and federal holidays. For questions, call: 656-2170.

### Hours of Operation:

Ala Carte Breakfast: 6:45 ~ 10:45 a.m. Weekdays  
Hot Breakfast: 6:45 ~ 9:00 a.m. Weekdays  
Lunch: 10:45 a.m. ~ 2:00 p.m. Weekdays  
Dinner: See El Prado Room listing below.

**TRIDENT ROOM** ~ Herrmann Hall ground floor (Bldg. 220). Open Monday through Saturday. Closed Sundays and most federal holidays. Phone: 656-2170 or 656-7508 (after regular business hours). Hours of Operation:

**Beverage Service:** 4:00 ~ 11:00 p.m. Monday ~ Wednesday  
3:00 ~ 11:00 p.m. Thursday & Friday  
4:00 ~ 11:00 p.m. Saturdays

**Dinner Service:** 4:00 ~ 9:00 p.m. Monday through Saturday

**CLUB DEL MONTE/CATERING SALES OFFICE** ~ Herrmann Hall (Rm. 55) ground floor (Bldg. 220). Open Monday through Friday, 8:00 a.m. ~ 4:30 p.m. Closed weekends and federal holidays. Phone: 656-1049.

**INFORMATION TICKETS & TOURS** ~ Herrmann Hall Quarterdeck (Bldg. 220). Open 9:30 a.m. ~ 4:30 p.m. Monday through Friday. Closed weekends and federal holidays. Closed for lunch 1:30~2:30 p.m. Phone: 656-3223.

**CHILD DEVELOPMENT CENTER** ~ La Mesa Village next to La Mesa Elementary School. Open 7:30 a.m. ~ 5:30 p.m., Monday through Friday. Closed on all federal holidays. Phone: 656-2734.

**CHILD DEVELOPMENT HOMES** ~ Available within La Mesa Village. Contact the Child Development Center for information. Phone: 656-2734.

**ROMAN PLUNGE SWIMMING POOL** ~ (Bldg. 210). Closed until further notice. Phone: 656-2275.

**TECH CONNECTION** ~ La Mesa Village, (Bldg. 444) 1222 Leahy Rd. Open for School Age Care, Monday through Friday, 7:30 ~ 8:00 a.m. and 2:00 ~ 6 p.m. Special camps offered for school breaks (all seasons) & teacher in-service days. Youth & Teen Open Recreation, 2:30~ 6:00 p.m. Monday through Friday and 1:00~6:00 p.m. on Saturdays. Closed on all federal holidays. Phone: 656-2127.

**MONTEREY BAY ATHLETIC CLUB** ~ (Bldg. 208). Hours of Operation: Open Monday through Friday, 5:30 a.m. ~ 9:00 p.m.; Saturdays, 8:00 a.m. ~ 5:00 p.m.; Sundays 9:00 a.m. ~ 5 p.m. federal holidays, 10 a.m. ~ 5 p.m. Phone 656-3118.

**MONTEREY PINES GOLF COURSE** ~ Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily, 6:30 a.m. ~ 5 p.m., including most federal holidays. Hours vary seasonally. Phone: 656-2167.

**MONTEREY PINES RV CAMPGROUND** ~ Fairgrounds Road at Garden Road by the Monterey County Fairgrounds. Open daily. Phone: 656-7563.

**MONTEREY NAVY FLYING CLUB** ~ At the Monterey Airport. Open Monday to Friday 9:00 a.m. ~ 5:00 p.m. Phone: 372-7033.

**BLUEWATER COVE MARINA** ~ On the Coast Guard Pier, downtown Monterey. Open daily. Phone: 242-5747/656-3118.

**MWR BUSINESS OFFICE** ~ Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-7954.

**MWR MARKETING OFFICE** ~ Herrmann Hall (Rm. 60) ground floor (Bldg. 220). Open Monday through Friday, 8 a.m. ~ 4:30 p.m. Closed weekends and all federal holidays. Phone: 656-1170/7677.

**THE FLEET & FAMILY SUPPORT CENTER** ~ 1280 Leahy Road, Monterey, Ca 93940. Open Monday through Friday, 8:00 a.m. ~ 4:30 p.m. Tel: 656-3060.

**NAVY EXCHANGE TELEPHONE NUMBERS** ~ Main Store: 373-7277; Autoport: 373-7271; La Mesa Mini-Mart: 375-0959.



## Peacock Press

Morale, Welfare and Recreation Department  
Naval Postgraduate School  
1 University Circle  
Monterey, CA 93943-5000

**CHECK OUT MWR'S WEBSITE!**  
[www.mwr.nps.navy.mil](http://www.mwr.nps.navy.mil)